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Food and Home Notes

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PROCUREMENT SECTION
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Braising meat? It means to cook it in a small amount of liquid at a low temperature, covered tightly, either on the stove top or in the oven. Pot roasts and Swiss steak are cooked by braising.

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A "leg steak"—sometimes called a "lamb cutlet"—usually means lean meaty slices of lamb cut from the center area of the leg, identifiable by the round leg bone.

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A serving of lamb provides a high amount of protein and significant quantities of vitamin B-1, vitamin B-2, iron, and calcium. Lamb is graded for quality under USDA's Agricultural Marketing Service grading program.

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Shish kebabs are cubes of boneless lamb usually cut from the shoulder or leg and skewered. A favorite way to prepare them is to marinate the cubes for several hours; then put them on skewers to charcoal broil or oven broil.

ON THE FOOD SCENE

Cherry Crop - Big!

If fresh sweet cherries are among your favorite fruits—you can plan to enjoy these summer gems often referred to as the "aristocrat" of summer fruit. The U.S. Department of Agriculture reports this year's crop is nearly double last year's and there should be ample supply into early August.

Most people prefer eating cherries out-of-hand, but they can be prepared in numerous ways including tossing sweet pitted cherries into a bowl with other fruits such as bananas, oranges, or apples—using as a salad or a dessert, whichever. Cherries can also be used for gelatins, cooking, canning, and freezing.

Have you ever wondered where cherries actually did originate? They have been traced to the Stone Age, but first literary reference dates back to 300 B.C. They were introduced into America as soon as the English, French and Dutch settlements were established. By covered wagon and Spanish missionaries, the fruit then reached the West Coast, where most are grown today in Washington, Oregon, and California.



New, and more descriptive labeling—telling consumers at a glance exactly what they're paying for when they buy hot dogs, bologna, and knockwurst—becomes mandatory on September 7.

Comments from more than 5,000 consumers and industry members helped the U.S. Department of Agriculture (USDA) arrive at its final decision as to what the labels should say.

The outcome? Consumers will have a choice of three different types of hot dogs (and other cooked sausage), with special labeling for each type:

Type A — made only from skeletal meat which can include up to 15 percent poultry meat, plus the normal ingredients needed for processing, such as water, sweeteners, and curing substances. This type of product will carry its traditional generic name, such as "frankfurter," "bologna," or "knockwurst." If all the meat is from one particular species, the product label must say so — for example, "beef frankfurter."

Type B — made with the above ingredients plus meat byproducts, such as hearts or tripe, and poultry products. Distinct names such as "frankfurters with byproducts" must appear on those products. The terms "with byproducts" or "with variety meats" must be printed so it can be easily noticed. Just as under current requirements, each byproduct used must be listed by name in the ingredient statement.

NEW LABELING —

For THE ALL-AMERICAN HOT DOG

Type C — made with either of the above formulas, plus up to 3.5 percent nonmeat binders such as nonfat dry milk, cereal, or dried whole milk, or 2 percent isolated soy protein. These products, too, will have to carry an eye-catching statement of what they include, such as "frankfurter with variety meats, nonfat dry milk added." Again, the ingredient statement must list each item used.

The three types of product labeling are essentially the same as those proposed by USDA earlier this year. Comments received prompted changes in three areas: labeling of franks that contain meat from only one species, prominence of terms such as "with byproducts", and official recognition of the term "hot dog" for use on labels. (Until now, manufacturers have had to call their hot dogs "frankfurters" or "franks".)



Add to: Recipe for Ice Cream, Food and Home Notes, Children's Feature: July 2, 1973
The new Science Study Aid published by the Agricultural Research Service of USDA omitted one ingredient in the original recipe for homemade ice cream: Please
"Add 2 cups of sugar."

WHAT'S GOING ON IN YOUR CEMETERY?

You may have second thoughts about it — but, some folks are finding cemeteries the only place left in their towns that offer green space. It all started when two Forest Service researchers were looking for a shady, restful spot to eat their "brown-bag" lunch. The two scientists, who are stationed at the Forest Service Research Facility in Amherst, Mass., found the perfect spot—right next door in the local cemetery. Much to their surprise, they found that others had the same idea. In fact, it looked like a lot of people were taking walks, bird watching and riding bicycles in the cemetery—and eating their lunches.

The reason, of course, is obvious. In a steel and concrete urban area, a cemetery is, perhaps, the only open green space around. Think about it! Is it possible that these cemeteries could be used for needed recreation areas without being disrespectful to their original intent? The researchers conducted a survey—and it was discovered that in an area where cemeteries make up 35 percent of the remaining open space, two-thirds of the people visiting them were there for reasons other than visiting family graves. Historical touring, walking, ball playing, stone rubbing and bicycling were some of the reasons people were there.

From the results of the survey, they concluded that since recreation use of cemeteries is already occurring, what's needed is the development of areas that will accomodate compatible activities and exclude those that are incompatible. More information on this research project is available from Information Services at the Northeastern Station, 6816 Market Street, Upper Darby, Pa. 19082.

COMMENTS AND INQUIRIES TO:

Shirley Wagener, Editor of Food and Home Notes, Press Service, Room 535-A,
Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250
Or telephone (202) 447-5898.